

Apple Confit

From EatingWell: January/February 2008

Sturdy apples are flavored with cinnamon and vanilla in this slow cooker apple compote. Top with low-fat vanilla ice cream and a sprinkling of toasted walnuts for dessert.

8 servings, about 1/2 cup each | Active Time: 15 minutes | **Total Time:** 1 1/2 – 3 hours

Ingredients

- 3 pounds firm cooking/baking apples, such as Granny Smith, Northern Spy, Rome or Golden Delicious
- 3 Tablespoons sugar
- 1/4–1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Preparation

Peel the apples and slice 1/4 inch thick. (You should have about 9 cups.) Place the apples in a 4-quart or larger slow cooker. Add sugar and cinnamon to taste, and toss to coat well. Cover and cook until the apples are very tender and almost translucent, but not pureed, 1 to 1 1/2 hours on high or 3 to 3 1/2 hours on low or until desired softness. Over cooking will result in applesauce.

Stir in vanilla. Transfer to a bowl and let cool slightly.

Serve warm with low-fat vanilla ice cream and toasted walnuts, or cover and refrigerate until chilled.

Nutrition

Per serving : 98 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 26 g Carbohydrates; 0 g Protein; 4 g Fiber; 2 mg Sodium; 168 mg Potassium
2 Carbohydrate Serving

Exchanges: 1 1/2 fruit